**Package Overview for Assessors**

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| **Training Package** | SIT 07 Tourism, Hospitality and Events |
| **Unit(s) /Elements to be assessed by this package:** | **SITHCCC002A: Present Food**  1. Prepare food for service  2. Portion and plate food  3. Work in a team |

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| **Package contents and information for assessors** | **Page**  **3** | The **Assessment Notice** describes the activities used for assessment and is provided to students. |
|  | **Page**  **4** | **Evidence portfolio sheet**  Use the evidence sheet by dating when you observe the student completing tasks, during practical experiences to the standard expected in the enterprise.  Note that students are required to demonstrate the criteria on a number of occasions.  A copy of the evidence portfolio sheet should be provided to students on the back of their Assessment notice. |
|  | **Pages**  **5 – 7** | Unit test |
|  | **Pages**  **8 – 10** | Unit test acceptable answers |
|  | **Page**  **11 - 25** | **Portfolio - Recipe file** for term 2  Each week students are to photograph the chosen practical experience and to complete the activity related to completing the standard recipe card for that experience. The recipe file is then handed to the assessor at the end of the term.  *Term 3 recipe file still needs to be completed and added.* |
|  | **Page**  **26** | The **Assessment feedback sheet** should be completed by the assessor and provided to the student when the assessment activities have been completed and additional verbal feedback and opportunities for  re- assessment if necessary discussed. |
| **Equipment and/or resources required** |  | camera |
| **Other comments** |  | It is recommended that this unit be delivered with the units Follow workplace hygiene and Follow health, safety and security as they all have hygienic work practices and procedures as the underpinning focus.  The Portfolio -recipe file, can also be used as evidence for the unit of competency - Present Food.  *At the time this package was created (April 09) the recipes for Term 3 had not been finalised hence the recipe file for term 3 needs to be created* |

Wyndham College VET Faculty



### Assessment Notice

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| **Training Package:** SIT 07 Tourism, Hospitality and Events | |
| **Assessor / Teacher:** | |
| **Unit of competency:**    **SITHCCC002A: Present Food** | |
| **Observation:** nominated practical tasks throughout terms 2 and 3  **Short Answer Test :** forms part of the half yearly exam in term 2  **Portfolio:** recipe file for terms 2 and 3 |

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| **Part 1 Practical Observation**  You will participate in nominated practical experiences during terms 2 and 3. During the practical experiences you will be provided with the opportunity to demonstrate your ability to work as part of a team preparing and presenting food in a logical and time efficient work manner.  You will be observed by your assessor during practical tasks demonstrating your ability to work as part of a team to prepare, plate and present food and this recorded on your evidence portfolio sheet. A copy of the evidence portfolio sheet is on the following page.  Before each nominated practical task your teacher will discuss the assessment.  Note: that you are required to demonstrate your team work skills during different food service periods.  **Part 2 Unit Test**  You will be provided with a worksheet which must be completed during class time. If you have trouble understanding any of the questions, please ask you teacher for assistance. The option of a verbal activity is available if required.  Unit test date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Part 3 Portfolio**  You will be provided with recipe files for term s 2 and 3, which has the standard recipe cards for the practical experiences. You will need to complete the missing sections for each week and hand in the completed recipe file to your assessor at the end of the term. A photo needs to be taken of your completed food items each week and attached. The completed recipe files will also be used as evidence for the unit Organise and Prepare Food.    Portfolio due date : end of Term 2 and end of Term 3 |

# EVIDENCE PORTFOLIO

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Candidate name: |  | | | |
| Unit of competency | **SITHCCC002A: Present Food** | | | |
| Instructions for the Student | | | | |
| 1. During nominated practical experiences demonstrate your ability to work as part of a team in  the plating and presentation of food in different food service periods.  2. Your assessor will sign and date to show that you completed each aspect of the task to the  standard expected in the enterprise. | | | | |
| **Practical observation** | | | | |
| **menu: date:** | | | |
| Did the candidate…. | | | |
| consistently follow safe and hygienic work practices and procedures | | satisfactory | not yet satisfactory |
| demonstrate the ability to plate and present food within realistic workplace time constraints | | satisfactory | not yet satisfactory |
| work as part of a team in a positive and courteous manner | | satisfactory | not yet satisfactory |
| assessor signature: | | | |
| **menu: date:** | | | |
| Did the candidate…. | | | |
| consistently follow safe and hygienic work practices and procedures | | satisfactory | not yet satisfactory |
| demonstrate the ability to plate and present food within realistic workplace time constraints | | satisfactory | not yet satisfactory |
| work as part of a team in a positive and courteous manner | | satisfactory | not yet satisfactory |
| assessor signature: | | | |
| **menu: date:** | | | |
| Did the candidate…. | | | |
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| demonstrate the ability to plate and present food within realistic workplace time constraints | | satisfactory | not yet satisfactory |
| work as part of a team in a positive and courteous manner | | satisfactory | not yet satisfactory |
| assessor signature: | | | |

# 



**SITHCCC002A**

Present Food

**Unit test**

Section 1 Multiple choice

1. A food served before a meal to stimulate the appetite is a(n) :
   1. appetiser
   2. entree
   3. sandwich
   4. soup
2. To meet industry standards, crockery use for food service must be:
3. Expensive and white
4. Of the highest quality
5. Free from chips and cracks
6. Round and white or patterned
7. An edible, small food item that enhances the presentation of a dish is called a(n):
8. appetiser
9. decoration
10. entree
11. garnish
12. The style of serving food layered in deep bowls is considered:
13. classical
14. dangerous
15. innovative
16. unacceptable
17. Which of the following pieces of equipment would be used to keep foods consistently

hot on a buffet display?

1. Bain-marie
2. Combi-oven
3. Ice tray
4. Warmed plate
5. A liquid prepared to accompany and enhance a dish is a :
   1. cocktail
   2. liquor
   3. sauce
   4. soup
6. Which of the following are components of a standard recipe?
7. Portion size, ingredients, supplier
8. Portion size, hygiene rules, supplier
9. Ingredients, method, hygiene rules, service time
10. Portion size, ingredients, method
11. An innovation in food service for many cafe’s is to offer breakfast items:
12. All day
13. Only at night
14. Free of charge
15. Instead of dessert
16. The maintenance of a high standard of hygienic work practices is essential in reducing the risk of:
17. arguments
18. cross-contamination
19. spills
20. teamwork
21. Which of the following is a list of food service equipment?
22. Food and beverage trays, dishes and platters, saucepans
23. Food and beverage trays, dishes and platters, buffet tables
24. Food and beverage trays, dishes and platters, mandolins
25. Saucepans, mandolins, bain-maries
26. Which of the following foods would be most suitable to serve at a cocktail party where guests are standing, chatting with a drink in hand?
27. canapes
28. lobster
29. roast dinner
30. soup
31. Which of the following is a menu that offers a selection of individual dishes to choose from?
32. a’ la carte
33. cyclic
34. function
35. table d’hote

Section 2 Garnishes

a. Match the food with the correct garnish listed below

Note: A food may have more than one (1) suitable garnish and the garnish may be used

for more than 1 food item

**apple sauce brown gravy chopped parsley**

**croutons mint sauce lemon wedges**

**stuffing sprig of parsley parsley butter**

**bacon rolls edible flowers**

|  |  |
| --- | --- |
| **Food** | **Garnish** |
| fried fish | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| grilled fish | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| grilled meat | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| roast beef | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| roast pork | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| roast lamb | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| roast veal | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| salad | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| sandwiches | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| soup | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Cut: Brunoise

Use garnish for dips, canapés,



**SITHCCC002A**

Present Food

**Answers**

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**croutons mint sauce lemon wedges**

**stuffing sprig of parsley parsley butter**

**bacon rolls edible flowers**

|  |  |
| --- | --- |
| **Food** | **Garnish** |
| fried fish | 1. lemon  2. parsley |
| grilled fish | 1. parsley butter  2. lemon  3. parsley |
| grilled meat | 1. parsley butter |
| roast beef | 1. gravy |
| roast pork | 1. apple sauce |
| roast lamb | 1. mint sauce |
| roast veal | 1. stuffing  2. bacon rolls |
| salad | 1. croutons  2. flowers  3. chopped parsley |
| sandwiches | 1. flowers  2. parsley |
| soup | 1. croutons  2. chopped parsley |



Recipe file

|  |  |
| --- | --- |
| **Week** | **Recipe** |
| 1 | Cleaning |
| 2 | Pancakes with Orange Salad |
| 3 | Shepherds Pie |
| 4 | Tuna Mornay with Jardiniere Vegetables |
| 5 | Exams |
| 6 | Chicken Schnitzel Strips with Spicy Tomato Mayonnaise |
| 7 | Beef Stroganoff |
| 8 | workplacement |
| 9 | workplacement |
| 10 | Chicken pies |
| 11 | Cleaning |
|  | Apple ‘N’ Apricot bread puddings with custard sauce |

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|  | A | B | C |
| Item: **Pancakes with Orange Salad**  Yeild | 1 | *20* |  |
| PICTURE | | | |

**Pancakes with Orange Salad**

Ingredients

2 oranges 2/3 cup SR flour

2 T sugar 1 egg, lightly beaten

10ml rosewater 200ml buttermilk

10g butter, melted

Garnish – 2 T honey flavoured yoghurt

10g pistachio nuts

Method

1. Grate the zest from 1 orange

2. Segment the oranges

3. Julienne the rind

4. Place the segmented oranges and julienne rind into a bowl. Place the sugar and add 2 T’s of water into a saucepan. Stir over a low heat until sugar dissolves. Simmer for 5 minutes, add rosewater. Pour over the orange segments in the bowl.

5. Sift flour in a bowl, stir in zest, egg, buttermilk and butter. Grease a small frying pan and place over medium heat. Add 1/3 of mixture and cook until bubbles appear on the surface. Turn over and cook the other side.

6. Flip onto a plate and cover with foil, continue with remaining mixture.

Serve pancakes with orange salad and honey flavoured yoghurt. Garnish with chopped pistachio nuts

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | **Equipment required** |
| A | B | C |  | Mise en place |  |
| 2 | *40* |  | oranges | Grate the zest from 1 orange | green chopping board  zester / grater |
| 2T | *40T* |  | sugar | Segment the oranges | green chopping board  chefs knife  paring knife |
| 10ml | *200ml* |  | rosewater | Julienne the rind and place in the bowl with segmented oranges. | green chopping board  chefs knife  paring knife |
| 2/3 C | *13 1/3 C* |  | SR flour | Lightly beat egg | small bowl  whisk / fork |
| 1 | *20* |  | egg | Melt butter | small microwave bowl |
| 200ml | *4000ml*  *(4L)* |  | buttermilk | Place the sugar and add 2 T’s of water into a saucepan. Stir over a low heat until sugar dissolves. Simmer for 5 minutes, add rosewater. Pour over the orange segments in the bowl. | small saucepan  wooden spoon |
| 10g | *200g* |  | butter | Sift flour in a bowl, stir in zest, egg, buttermilk and butter. | bowl  flour sifter  wooden spoon |
| 2T | *40T* |  | honey flavoured yoghurt | Construction |  |
| 10g | *200g* |  | pistachio nuts | Grease a small frying pan and place over medium heat. Add 1/3 of mixture and cook until bubbles appear on the surface. Turn over and cook the other side. | frying pan / grill  measuring cup / ladle  palette knife / egg flip |
|  |  |  |  | Flip onto a plate and cover with foil, continue with remaining mixture. | preparation plate |
|  |  |  |  | Serve pancakes with orange salad and honey flavoured yoghurt. Garnish with chopped pistachio nuts | serving plate  tongs  spoon |

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|  | A | B | C |
| Item: **Shepherds Pie**  Yeild | 3 | 18 |  |
| PICTURE | | | |

**Shepherds Pie**

Ingredients

250g mince 10ml tomato sauce

½ onion, brunoise 1 t Worcestershire sauce

1 carrot, grated ¼ t soy sauce

1/2 celery stick, sliced 3 med potatoes

15g butter 10g butter

1 T flour 2 T milk

¼ cup water

1 t chicken stock

Method

1. Melt 15g butter, sauté mince, onion and grated carrot and sliced celery until meat is well browned.

2. Stir in the flour, add water, stock powder and sauces. Bring to the boil, and spoon into greased casserole dish.

3. Heat milk and 10g butter, add mashed potato, beat until creamy, adding a little more milk if needed.

3. Pipe potato over meat mixture

4. Bake in moderate oven for 30 mins

Potatoes are turned and the trimmings used to make the mashed potato

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | | **Equipment required** | | | |
| A | B | C |  | Mise en place | |  | | | |
| 250g |  |  | mince | 1. Preheat oven | |  | | | |
| 1 |  |  | carrot | 2. Weigh / measure ingredients | | measuring spoons / cups / jug  scales | | | |
| 1/2 |  |  | onion | 3. Half fill saucepan with water and bring to boil | | saucepan | | | |
| ½ |  |  | celery stick | 4. Turn potatoes, place trimmings in water | | green chopping board  vegetable peeler  turning knife  chefs knife | | | |
| 15g |  |  | butter | 5. Grate carrot, brunoise onion, slice celery | | grater  green chopping board  chefs knife | | | |
| 1T |  |  | flour | 6. Add trimming to water once boiled | | saucepan | | | |
| 1/4C |  |  | water | 7. Melt 15g butter, sauté mince, onion and grated carrot and sliced celery until meat is well browned. | | frying pan  wooden spoon | | | |
| 1t |  |  | chicken stock powder | 8. Stir in the flour, add water, stock powder and sauces. Bring to the boil, and spoon into greased casserole dish. | | casserole dish | | | |
| 10ml |  |  | tomato sauce | 9. Heat milk and 10g butter, add mashed potato, beat until creamy, adding a little more milk if needed. | | potato masher / ricer  microwave dish  wooden spoon | | | |
| 1t |  |  | Worcestershire sauce | 10. Pipe potato over meat mixture | | piping bag  piping tube – star | | | |
| 1/4t |  |  | soy sauce | 11. Bake in moderate oven for 30 mins | |  | | | |
| 3 med |  |  | potatoes |  | |  | | | |
| 10g |  |  | butter |  | |  | | | |
| 2T |  |  | milk |  | |  | | | |
|  | | | | | A | | B | C |
| Item: **Tuna Mornay with Jardiniere vegetables** Yeild | | | | | 2 | | 10 |  |
| PICTURE | | | | | | | | |

**Tuna Mornay with Jardiniere vegetables**

Ingredients

20g butter / margarine 5 string beans

20g flour 1 carrot

250ml milk 20g peas

1 small onion 80g shell pasta (boiled)

1 pineapple ring 40g grated cheese

1 T breadcrumbs 100g tuna

Method

1. Make béchamel sauce

2. Mix together the tuna, cooked pasta, pineapple and bechamel sauce

3. Spoon mixture into greased casserole dish

4. Sprinkle with half the breadcrumbs, add grated cheese and sprinkle the remaining breadcrumbs over

the cheese

5. Serve with steamed jardinière vegetables

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | **Equipment required** |
| A | B | C |  | Mise en place |  |
| 20g |  |  | butter / margarine | 1. Preheat oven |  |
| 20g |  |  | flour | 2. Weigh / measure ingredients | measuring spoons / cups / jug  scales |
| 250ml |  |  | milk | 3. Cook pasta | saucepan |
| 1 small |  |  | onion | 4. Steep the onion in milk | saucepan |
| 1 |  |  | pineapple ring | 5. Jardiniere beans and carrot | green chopping board  chefs knife |
| 1T |  |  | breadcrumbs | 6. make a roux – melt butter and add flour | saucepan  wooden spoon |
| 5 |  |  | string beans | 7. Make béchamel sauce |  |
| 1 |  |  | carrot | 8. Mix together the tuna, cooked pasta, pineapple and bechamel sauce |  |
| 20g |  |  | peas | 9. Spoon mixture into greased casserole dish | casserole dish |
| 80g |  |  | shell pasta (boiled) | 10. Sprinkle with half the breadcrumbs, add grated cheese and sprinkle the remaining breadcrumbs over the cheese |  |
| 40g |  |  | grated cheese | 11. Bake for 15mins or until golden brown |  |
| 100g |  |  | tuna | 12. Steam vegetables | steamer basket |
|  |  |  |  | 13. Serve mornay with steamed vegetables | serving plate  tongs |

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|  | A | B | C |
| Item: **Chicken Schnitzel Strips**  **with Spicy Tomato Mayonnaise**  Yeild | 1 |  |  |
| PICTURE | | | |

**Chicken Schnitzel Strips with Spicy Tomato Mayonnaise**

Ingredients

4 T flour Spicy tomato mayonnaise – 1T semi dried tomatoes

Egg wash – 1 egg and 1T milk - 1 egg yolk

3 slices of bread - 2g fresh chilli paste

1 T parmesan cheese - 1 t lemon juice

¼ chicken breast - 1t Dijon mustard

- ¼ cup vegetable oil

- 1 t hot water

Method

1. Place chicken between plastic wrap, use a meat mallet to beat until 5mm thick. Cut into strips, 5 cm

wide and 6cm long

2. Crumb chicken strips (flour, egg, breadcrumb/cheese mixture)

3. Place chicken in a single layer on greased oven tray. Cook in a hot oven 200’c for about 25mins or until golden brown, turning halfway through cooking.

4. Serve chicken with Spicy tomato mayonnaise.

Spicy tomato mayonnaise – blend tomatoes, egg yolk, chilli, juice and mustard until smooth.

With motor operating gradually add oil until combined. Add water until

combined.

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | **Equipment required** |
| A | B | C |  | Mise en place |  |
| 4T |  |  | flour | 1. Preheat oven |  |
| 1 |  |  | egg | 2. Weigh / measure ingredients | measuring spoons / cups / jug  scales |
| 1T |  |  | milk | 3. Make breadcrumbs | slicer  food processor |
| 3 slices |  |  | bread | 4. Prepare egg wash  whisk egg and milk together | small bowl  whisk |
| 1T |  |  | parmesan cheese | 5. Set up crumbing stations | crumbing trays |
| ¼ |  |  | chicken breast | 6. Place chicken between plastic wrap, use a meat mallet to beat until 5mm thick. Cut into strips, 5 cm wide and 6cm long | meat mallet  yellow chopping board  chefs knife |
| 1T |  |  | semi dried tomatoes | 7. Crumb chicken strips |  |
| 1 |  |  | egg yolk | 8. Place chicken in a single layer on greased oven tray. Cook in a hot oven 200’c for about 25mins or until golden brown, turning halfway through cooking. | oven tray  tongs |
| 2g |  |  | fresh chilli paste | 9. Prepare Spicy tomato mayonnaise – blend tomatoes, egg yolk, chilli, juice and mustard until smooth. With motor operating gradually add oil until combined. Add water until combined. | food processor |
| 1t |  |  | lemon juice | 10. Serve chicken with Spicy tomato mayonnaise. | serving tray  serving bowl |
| 1t |  |  | Dijon mustard |  |  |
| ¼ C |  |  | vegetable oil |  |  |
| 1t |  |  | hot water |  |  |

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|  | A | B | C |
| Item: **Beef Stroganoff with Noodles**  Yeild | 1 | 15 |  |
| PICTURE | | | |

**Beef Stroganoff with Noodles**

Ingredients

200g lean beef eye fillet 1 t cornflour

10ml Worchestershire sauce ½ cup skim milk

1 t oil 1T tomato paste

1 clove garlic, crushed 5g beef stock powder

1 small onion, brunoise 50g fettucine

3 small button mushrooms Sprig parsley

Method

1. Cut beef into wafer thin strips. Place in bowl with sauce, stand for 10minutes

2. Heat oil in frying pan, add garlic and beef, stir fry for about 3 mins, or until lightly browned all over.

3. Add onion and mushrooms to pan, stir for a further 2 mins.

4. Blend cornflour with a little of the milk, add to pan with the remaining milk, tomato paste and stock powder, stir constantly over heat until the mixture thickens. Reduce heat, simmer, uncovered 2 mins

5. Serve over combined fettucine and parsley

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | **Equipment required** |
| A | B | C |  | Mise en place |  |
| 200g |  |  | lean beef eye fillet | 1. Preheat oven |  |
| 10ml |  |  | Worchestershire sauce | 2. Weigh / measure ingredients | measuring spoons / cups / jug  scales |
| 1t |  |  | oil |  |  |
| 1clove |  |  | garlic |  |  |
| 1 small |  |  | onion |  |  |
| 3 |  |  | button mushrooms |  |  |
| 1t |  |  | cornflour |  |  |
| 1/2C |  |  | skim milk |  |  |
| 1T |  |  | tomato paste |  |  |
| 5g |  |  | beef stock powder |  |  |
| 50g |  |  | fettucine |  |  |
| 1 sprig |  |  | parsley |  |  |
|  |  |  |  |  |  |

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|  | A | B | C |
| Item: **Chicken Pies**  Yeild | 3 | 24 |  |
| PICTURE | | | |

**Chicken Pies**

Ingredients

10g butter 1t cornflour

1 chicken breast fillet (macedoine) 1 T milk

½ cup thickened cream 11/2 sheets frozen puff pastry

1 t curry powder 1 egg yolk

2g vegetable stock powder

½ cup frozen mixed vegetables

Method

1. Preheat oven to 180’c. Lightly grease a tray of 6 texas muffin cups (makes approx 3 each)

2. Heat butter in frying pan, add chicken and cook for 3-5 mins or until lightly browned

3. Add cream, curry powder, stock powder and frozen vegetables. Cook for a further 5 mins

4. Combine cornflour with a little milk and add to chicken with the remaining milk. Bring to boil,

reduce heat to low and simmer for 5 mins or until thickened. Allow to cool.

5. Cut pastry sheet into 4 squares. Place a square of pastry into base of the muffin cup. Trim the edges

of excess pastry with scissors. Spoon filling into pastry cases and brush with egg yolk.

6. Using remaining pastry, cut out 10cm circles. Put pastry tops on pies and seal edges with a fork.

Brush tops with egg yolk and make 3 slits in the top of each pie. Sprinkle with sesame seeds.

Bake for 25mins or until golden brown.

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | **Equipment required** |
| A | B | C |  | Mise en place |  |
| 10g |  |  | butter | 1. Preheat oven |  |
| 1 |  |  | chicken breast | 2. Weigh / measure ingredients | measuring spoons / cups / jug  scales |
| ½ C |  |  | thickened cream |  |  |
| 1t |  |  | curry powder |  |  |
| 2g |  |  | vegetable stock powder |  |  |
| ½C |  |  | frozen mixed vegetables |  |  |
| 1t |  |  | cornflour |  |  |
| 1T |  |  | milk |  |  |
| 1 ½ sheets |  |  | frozen puff pastry |  |  |
| 1 |  |  | egg yolk |  |  |
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|  | A | B | C |
| Item: Apple ‘N’ Apricot Bread Pudding  with custard sauce  Yeild | 2 | 1 |  |
| PICTURE | | | |

**Apple ‘N’ Apricot Bread Pudding with custard sauce**

Ingredients

2 apples, peeled and diced custard sauce – 250ml milk

1/3 cup dried apricots, halved 2 egg yolks

2 T castor sugar 1 T sugar

½ t cinnamon vanilla essence

25g butter or margarine, melted

3 slices of wholemeal bread (croutons)

Method

1. Combine apple, dried apricots and ½ cup water in a saucepan. Bring to the boil, then reduce heat and

cook uncovered for 15mins until fruit is softened. Remove from heat and stir in 1 t of the castor

sugar.

2. Spoon the mixture into 2 small ovenproof dishes.

3. Combine the remaining castor sugar with cinnamon.

4. Place the croutons into a bowl, add the melted butter and cinnamon sugar mixture, stirring to coat

bread evenly. Arrange the bread mixture over the fruit.

5. Bake in a 180’c preheated oven for about 20mins or until bread topping is golden

6. Serve the puddings warm with custard sauce (sauce Anglaise)

Custard Sauce 1. Bring milk to the boil.

2. Mix egg yolks and sugar, add vanilla essence, add the hot milk and mix quickly

3. Return the mixture to the heat and gently stir with a wooden spoon until mixture thickens and coats

the back of the spoon. Do not allow to bowl. Pass through a fine strainer.

(If mixture is cooked over a hot water bath you can control the temperature better and the chances of overheating are less.)

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| **Quantities** | | | **Ingredients** | **Tasks to be completed in order** | **Equipment required** |
| A | B | C |  | Mise en place |  |
| 2 |  |  | apples | 1. Preheat oven |  |
| 1/3 C |  |  | dried apricots | 2. Weigh / measure ingredients | measuring spoons / cups / jug  scales |
| 2T |  |  | castor sugar |  |  |
| ¼ t |  |  | cinnamon |  |  |
| 25g |  |  | butter or margarine |  |  |
| 3 slices |  |  | wholemeal bread |  |  |
| 250ml |  |  | milk |  |  |
| 2 |  |  | egg yolks |  |  |
| 1T |  |  | sugar |  |  |
|  |  |  | vanilla essence |  |  |
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Wyndham College VET Faculty



### Assessment Feedback

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| **Training Package:** SIT 07 Tourism, Hospitality and Events |
| **Assessor / Teacher:** |
| **Unit of competency:**    **SITHCCC002A:** Present Food  1. Prepare food for service  2. Portion and plate food  3. Work in a team |
| **Overall result:**  competent not yet competent |

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| **Evidence** |  |  | Date |
| Observation / Evidence sheet | satisfactory | not yet satisfactory |  |
| Short Answer Test | satisfactory | not yet satisfactory |  |
| Portfolio – Recipe files for terms 2 and 3 | satisfactory | not yet satisfactory |  |

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| **Assessor / Teacher Comment:**  **Signature:**  ……………………………………………………………………….. **Date**: ……………….. |
| **Student Comment:**  **Signature:**  ……………………………………………………………………….. **Date**: ………………… |